



NEWS AND INFORMATION from the Grand Traverse Bay YMCA

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FOR IMMEDIATE RELEASE:

FAMILY FUN NIGHTS AT YMCA

The YMCA helps families build the five pillars that support a healthy family home: EAT HEALTHY, PLAY EVERY DAY, GET TOGETHER, GO OUTSIDE, AND SLEEP WELL. By using these pillars you can make the first steps in living a healthier life.

A great way for families to come together and build on these pillars is Family Fun Night. Bring the whole family for a game of basketball, racquetball, and tennis. Don't forget to challenge each other in a game of Wii bowling or boxing! Our Family Fun Night is also a great way to escape the kitchen because we provide a pizza dinner. No dishes or clean up for you tonight!

Family Fun Night is held on the first Friday of every month at the YMCA Main Facility, 3000 Racquet Club Dr, Traverse City from 6:00 to 9:00 pm. The cost is FREE to YMCA members and only \$15 per family for non-members. The next night is scheduled for **April 1**.

The YMCA Child Care Center, located on 1100 Woodmere Ave, Suite B, Traverse City, holds a Family Fun Night geared toward younger children on the third Friday of each month from 6:00 to 8:00 pm. The next night is scheduled for **April 15**.

The cost is FREE to YMCA members and only \$15 per family for non-members for both Family Nights.

More information is available at our website at www.gtbayymca.org or contacting Dagny Monette at 421-3568. The Y is for youth development, healthy living, and social responsibility.